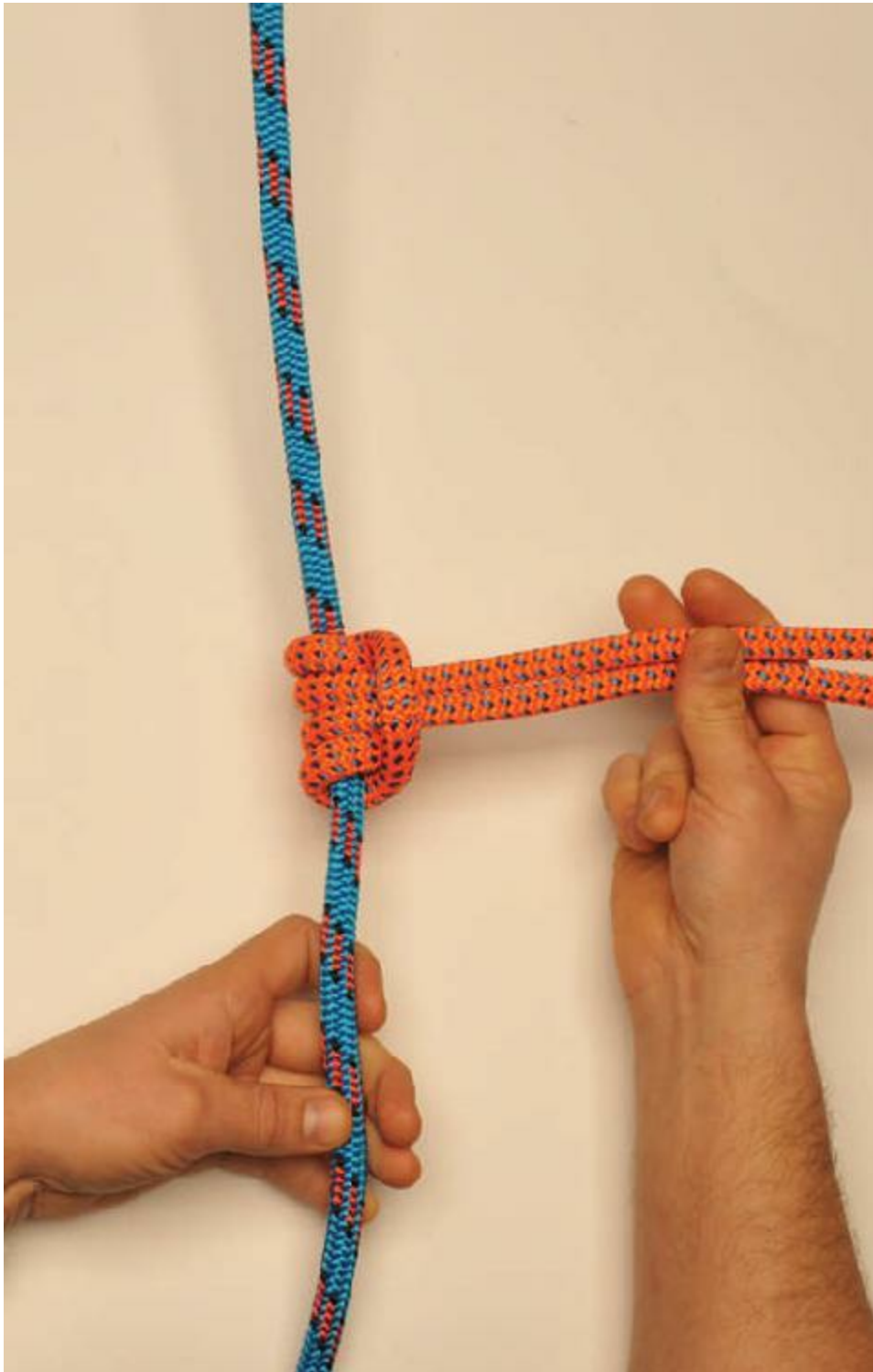


A decorative border with intricate floral and scrollwork patterns surrounds the text.

# **5 Essential Knots Made Simple in 4 Motions: Learn it once, learn it 4**

**Captain Dominic  
Fontaine**





**The Ultimate Pocket Reference**

**5 BONUS:**



**Cleat Tying &**

**Line Care**

**EssEnTial**

**Knots**

**madE simPLE**

**4**

**in**

**motions**

**lEaRn iT onCE**

**lEaRn iT 4 liFE**

**by Captain dominic Fontaine**

**The Ultimate Pocket Reference 5 BONUS:**

**Cleat Tying**

**Line Care &**

**EssEnTial**

**Knots**

**madE simPLE**

**4**

**in**

**motions**



**lEaRn iT onCE**

**lEaRn iT 4 liFE**

**by Captain dominic Fontaine**

**acknowledgements**

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There are many more people that I admire and appreciate, who have contributed to the end product of this book.

## **Contents**

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How to Use This Book

Knot 1: Standard Bowline—a fixed loop

Standard Bowline - Beginners Technique Standard Bowline - Advanced Technique

Running Bowline

Running Bowline Over an Open-ended Object Knot 2: Sheet Bend—connects two line ends Double Sheet Bend

Knot 3: Clove Hitch & Double Clove Hitch—

connects a line to a post or rail

Double Clove Hitch

Clove Hitch With Two Half Hitches

Clove Hitch Over an Open-ended Object

Knot 4: Prusik—connects a line to any part of a line Knot 5: Figure Eight—safety stopper at a line's end Tying to a Cleat—directed to mariners

Line Care and Storage

Timeline

Glossary





## **5 Essential Knots Made Simple in 4 Motions introduction**

Of the many books on knot tying, none illustrate as well as the few simple hand motions needed to quickly master the most basic knots as 5 Essential Knots Made Simple in 4 Motions.

Author Dominic Fontaine, sea captain, licensed arborist, aviator and trucker, details the 5 essential knots he uses continuously in his work, demonstrating step by step the easy hand maneuvers he teaches to coworkers of various professions.

### **Parts of the line/Rope**

#### **in Knot Formation**

**Standing end:**

**working portion, not**

**used in completion**

**of knot**



**bight:**

**loop or turn**

**in the line**

**bitter end:**

**terminal end**

**loop:**

**fundamental**

**structure in**

**tying many**

**knots**



## **5 Essential Knots Made Simple in 4 Motions How to Use This Book**

Success in learning these knot-tying skills depends on diligently following the instructions in the pages to follow, with total abandonment of one's creativity. Each knot and its accompanying motions are depicted over multiple photos for ease of understanding. For this reason, you may be led to perceive that there are more than the four motions as implied by the book's title. However, it is important to remember that a motion is a fluid sequence of actions, and those actions tend to overlap. As you develop these skills, the tying process will become more seamless and less staggered, resembling the fluidity of a ballet dancer or martial artist.

Also keep in mind that the four motions pertain to the five CORE knots—bowline, sheet bend, clove hitch, prusik, and figure eight—and not necessarily their variations.

It's important to begin with a firm understanding of the three knot-tying



steps:

1. Tie—formation of knot
2. Organize/dress—arrangement and shaping of its parts
3. Set—loading to ensure security

For best results, practice daily for short periods of time. Once you think you have mastered a given knot, attempt to tie the knot after a week without practice to confirm that you have retained the skill. The learning curve will vary from person to person.



## **5 Essential Knots made simple in 4 motions a Simple Knot to the rescue**

**two hours has turned into 24 on an exploration hike gone wrong. You're stranded on the rocky ledges of a mountain in a foreign country and there are no organized rescue operations nearby. You're weak, tired and your morale is setting with the sun. the silence is abruptly broken with the sound of whirring rotors and the surge of a turbine as a helicopter emerges from behind the ridge.**

**Words can't explain your excitement, but you're not off the ledge yet. above you hovers a privately owned chopper from which a naked line is suspended. Can you tie a simple knot to save your life?**





## **5 Essential Knots Made Simple in 4 Motions Possible Applications of Standard Bowlines**

*Standard bowlines*

*in terminal ends of*

*hardware, lowering*

*line and tag line,*

*both girth hitched to*



*control timber.*

*Bowlines at anchor points for tie down of aircraft.*





## ***Beginners Technique***

### **Standard**

### **Bowline**



### **standard Bowline**

### **Beginners Technique**

area not visible when standing



1

2



**standard Bowline**

**Beginners Technique**

3

4





**standard Bowline**

**Beginners Technique**

5

6





**standard Bowline**

**Beginners Technique**

**left hand**

**7**

**pinches bight**

**to secure**



**structure  
of the knot  
being  
formed.**

**rotate line end**

**#2**

**8**

**to the left**

**rabbit goes around  
the back of the tree  
behind the  
standing end.**

**#3**

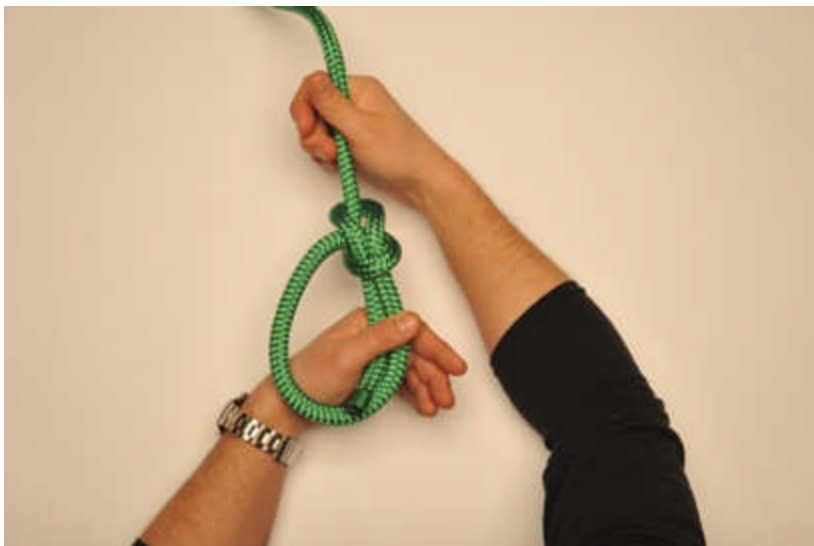
**rabbit goes  
back down  
through the  
hole**

**#1**

**rabbit goes  
up through**



**the hole**



**standard Bowline**

**Beginners Technique**



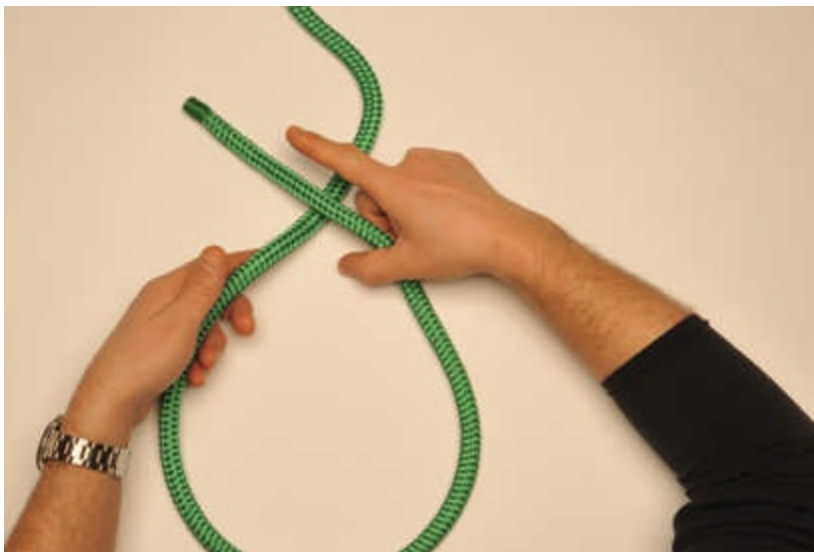
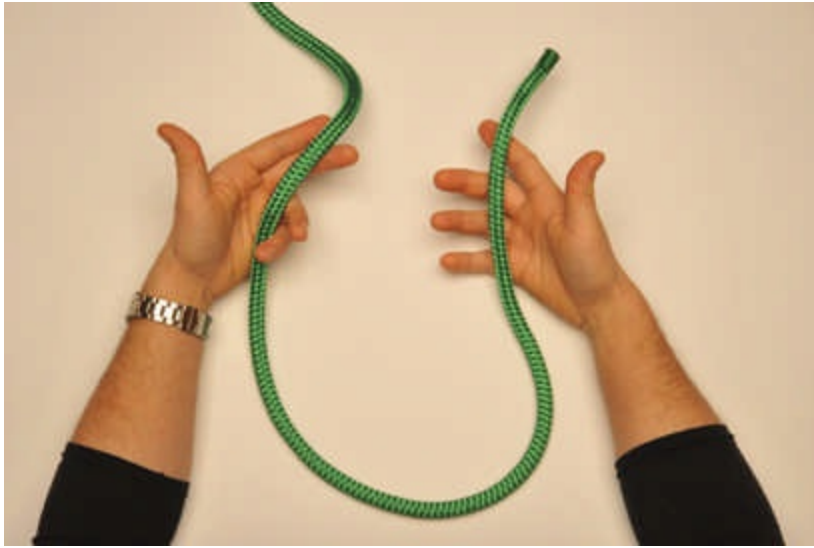


*Advanced Technique*

**Standard**



## Bowline



**standard Bowline**

**advanced Technique with Hand motions** area not visible when standing

**beginning grasp**

1

**Motion 1**



2

**left hand**

**makes a loop**

**around the**

**bitter end.**



**standard Bowline advanced Technique with Hand motions Motion 1 (cont.)**



3

**Motion 1 (cont.)**

**Slide standing**

4

**end of line from**

**in front of the**

**left hand**

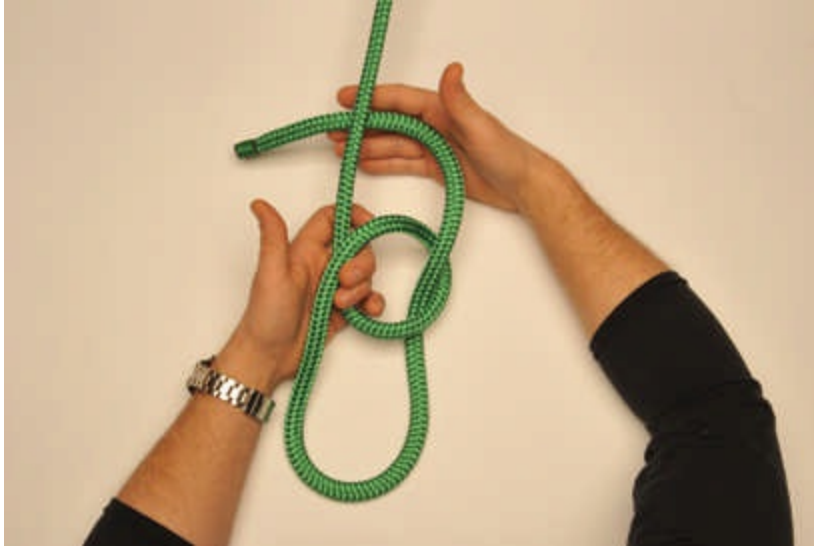
**back to**

**your left**

**hand.**







**standard Bowline**

**advanced Technique with Hand motions Motion 2**

**5**

**line end**

**exits loop.**

**Motion 2**

**rotate line end**

**#2**

**6**

**to the left**

**rabbit goes around**

**the back of the tree**

**behind the**



**standing end.**

**#3**

**rabbit goes**

**back down**

**through the**

**hole**

**#1**

**rabbit goes**

**up through**

**the hole**







**standard Bowline advanced Technique with Hand motions Motion 3**

**pass line end from**

**7**

**the right hand down**

**through the hole.**

**Motion 4**

**pull the three**

**8**

**parts of the**

**line—the**

**standing end,**

**loop, and bitter**

**end—to set**



**the knot.**



## **5 Essential Knots made simple in 4 motions Possible Applications of Running Bowlines**

**tie a running bowline to set the tension with your body weight.**

**Secure with a double clove hitch and two half hitches (pgs 39 & 43) on an interior handle, or secure with 5 long rolling tucks across the top of the mattress width.\***

***\* Check with state and federal regulations before attempting this task.***

***Each situation must be evaluated for safety purposes. Care should  
be taken to avoid personal or property damage.***

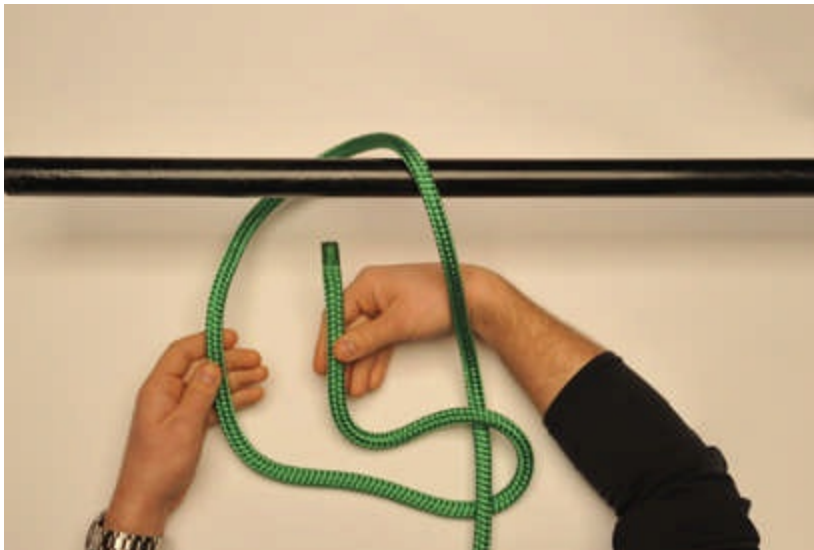
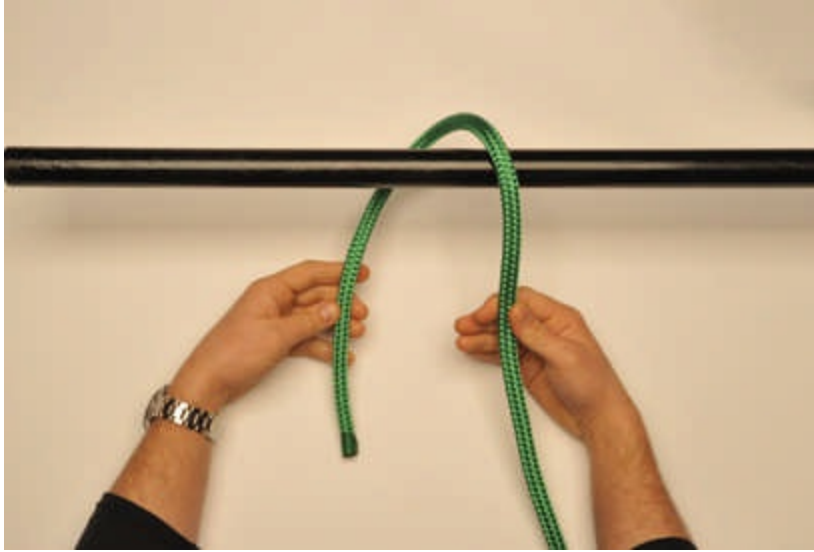




**Running**

**Bowline**





## **Running Bowline**

### **Step 1**

**pass line around object about to be choked.**

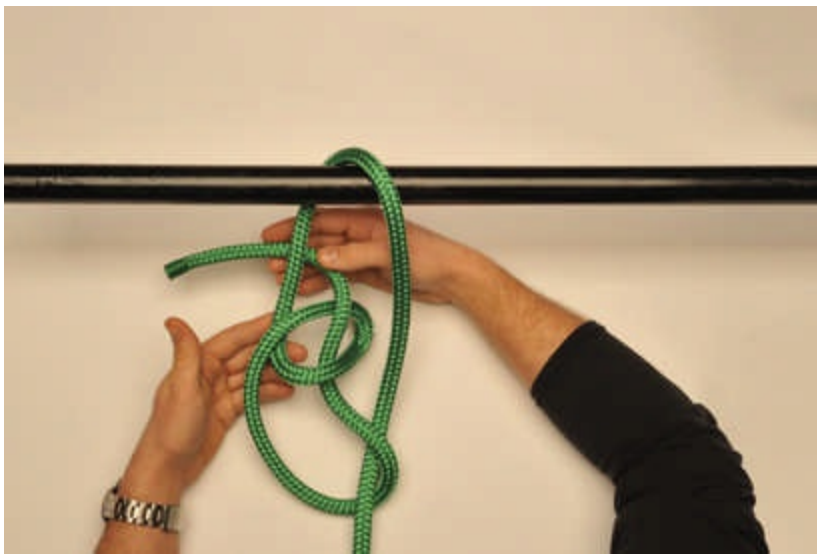
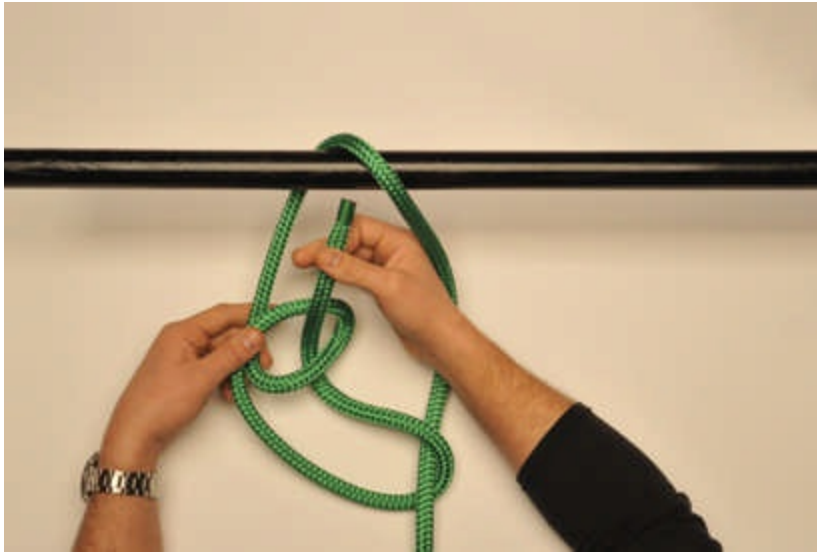
**1**

### **Step 2**

**pass line end around standing end of line.**



2



### **Running Bowline Motion 1**

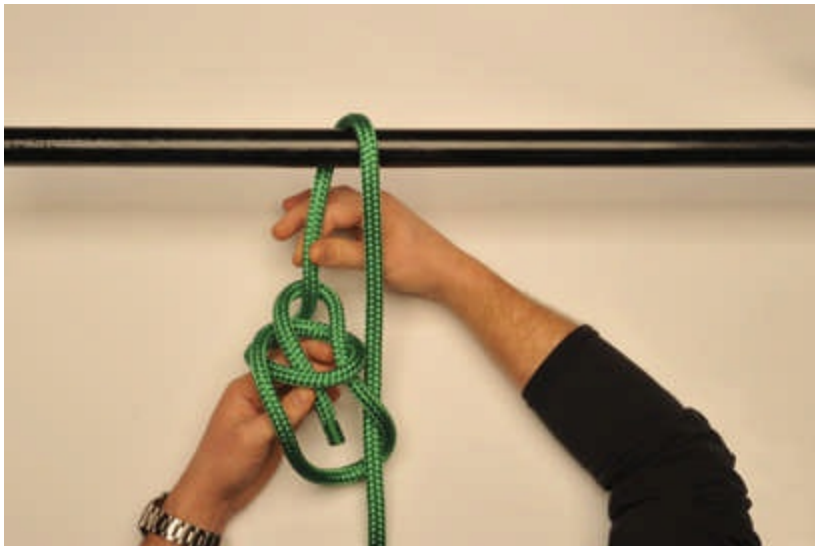
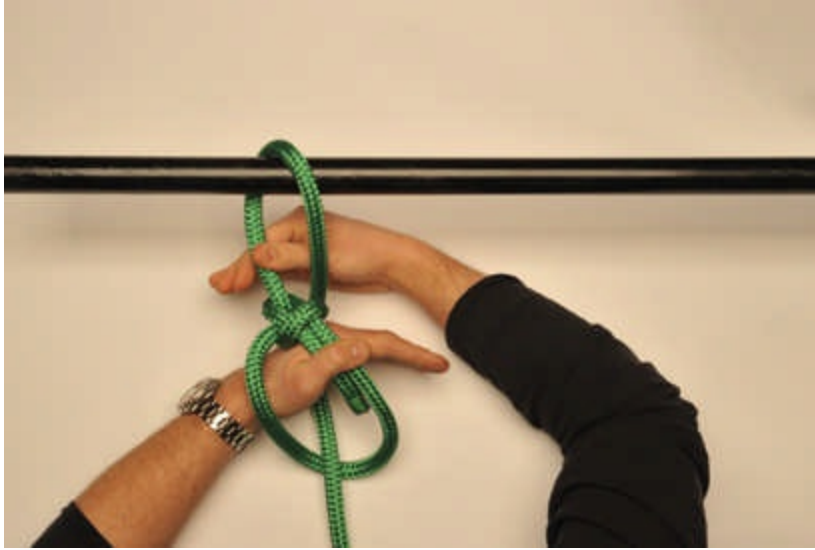
**tie bowline to completed knot. refer to page 7.**

3

### **Motion 2**

4





## **Running Bowline**

### **Motion 2 (cont.)**

1

### **Motion 3**

**pull the three parts of line—the standing part, the fixed loop, and the line end—to set the knot.**

6





#### **Running Bowline Motion 4**

**apply tension to the standing end to lock onto the fixed object.**









**5 Essential Knots Made Simple in 4 Motions Possible Applications of  
Running Bowline Over an  
Open-ended Object**





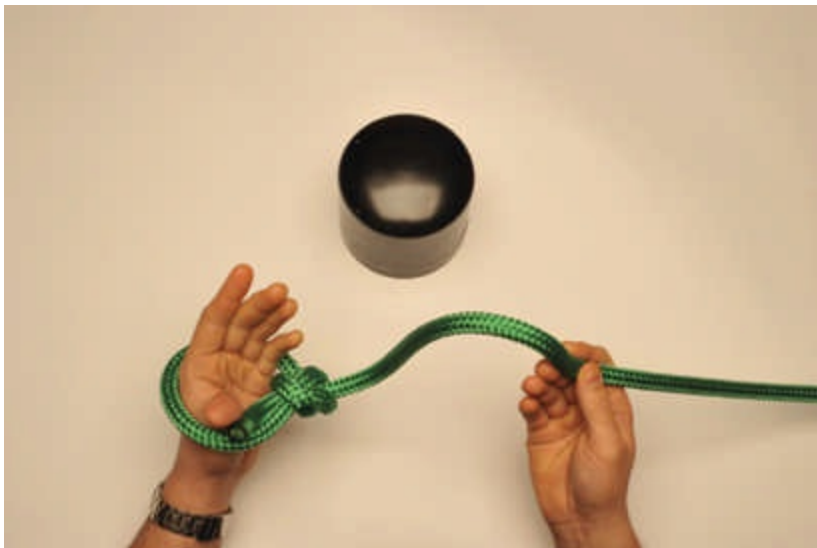
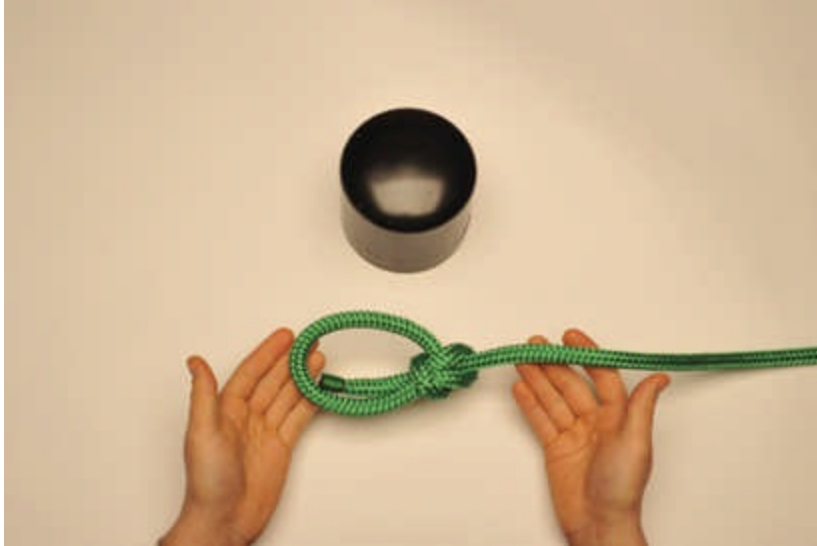
**Running**

**Bowline**



**Over an Open-ended**

**Object**



**Running Bow line over an open-Ended object Create a standard bowline.**

**1**

**Motion 1**

**reach up through the bowline to receive the standing end of the line from your right hand.**



2



**Running Bow line over an open-Ended object Motion 2**

**pull enough of the**

**the bowline to**

**standing end of**



**choke the desired  
the line through  
object.**

**3**

**Motion 3**

**drape the adjustable loop over the object.**

**4**

**Motion 4**

**pull standing  
end to set and  
secure.**

**5**





## **5 Essential Knots made simple in 4 motions Possible Applications of**

### **Sheet Bend Knot**

*Recovery from ditch.*

*Note: Use at least 1:5 ratio of tensile strength of line*

*appropriate for the weight of the vehicle. Undersized lines*

*can cause injury or death.*



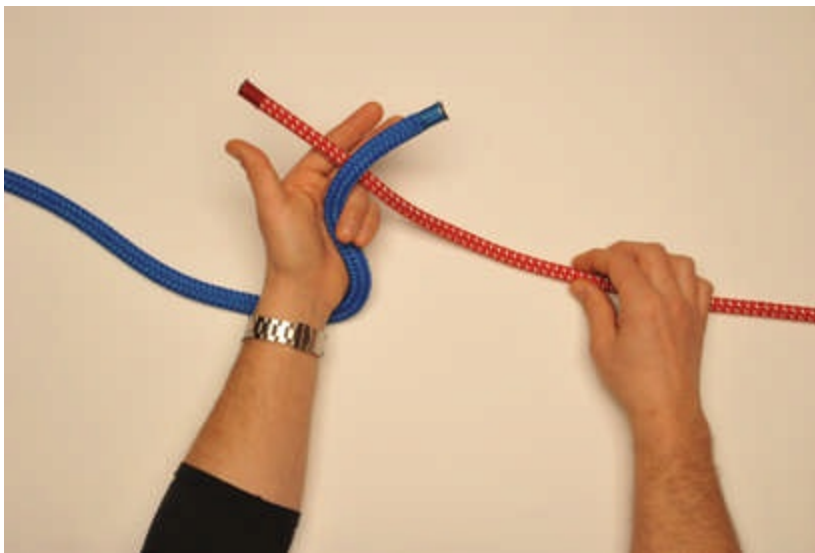
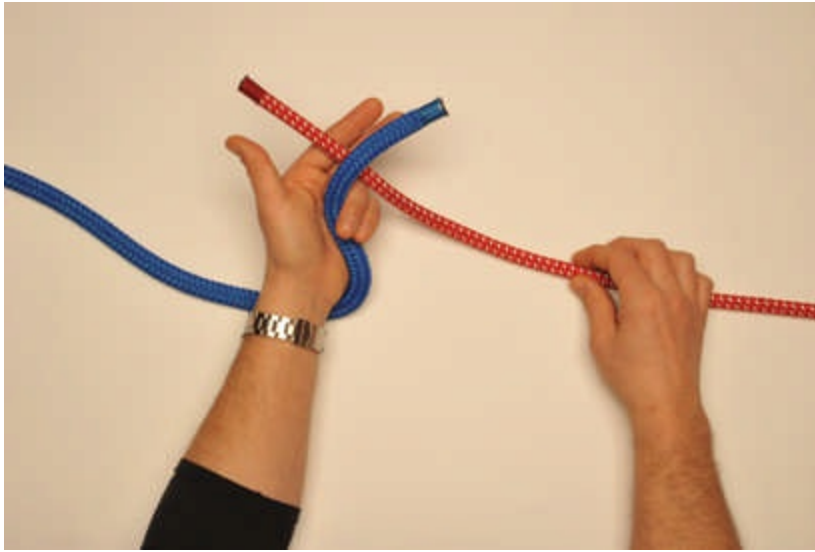


**Sheet Bend**

**Connects Two**



## Line Ends



**sheet Bend; Connects Two lines**

**beginning grasp: blue line crosses in front of** With your left hand, pinch blue line over red line.

**red line.**

Do not change

your left hand



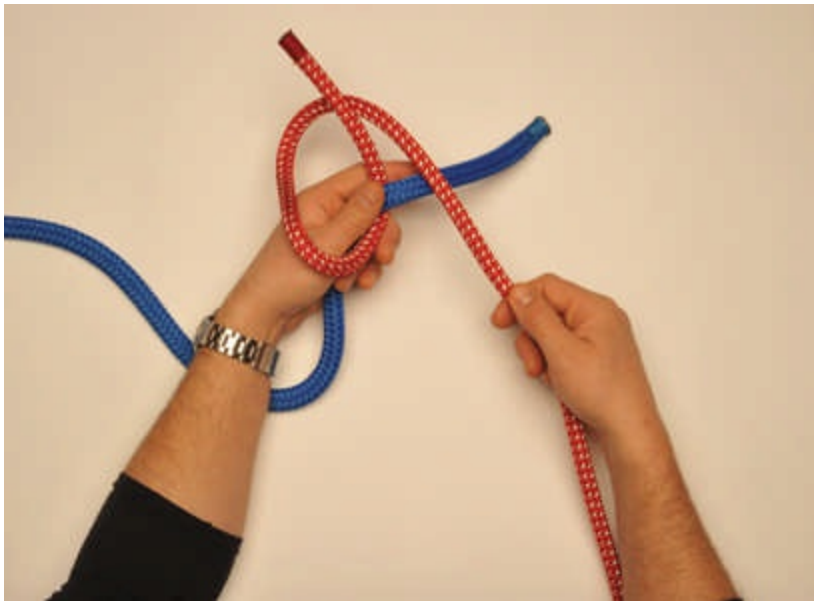
grasp until  
the knot is  
completed.

1

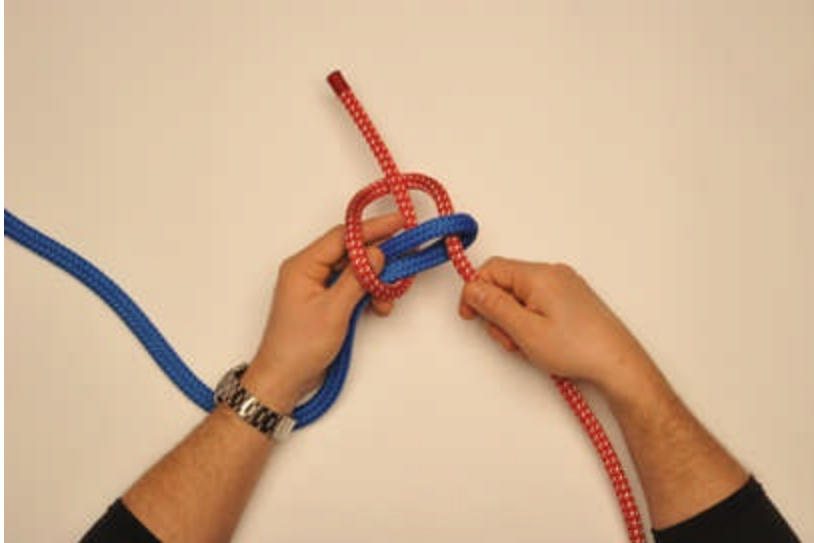
### **Motion 1**

**With your right hand, follow the arrow here, wrapping the standing end of the red line around the back of the bitter end of the red line, Motion 1 in a clockwise rotation.**

2







■■■■■■■■■■

■■■■■■■■■■

**sheet Bend; Connects Two lines**

**Motion 2**

**Motion 2:**

**With your right**

**Motion 2**

**hand, bend blue**

**line end through**

**red line bight,**

**following your**

**left thumb tip to**

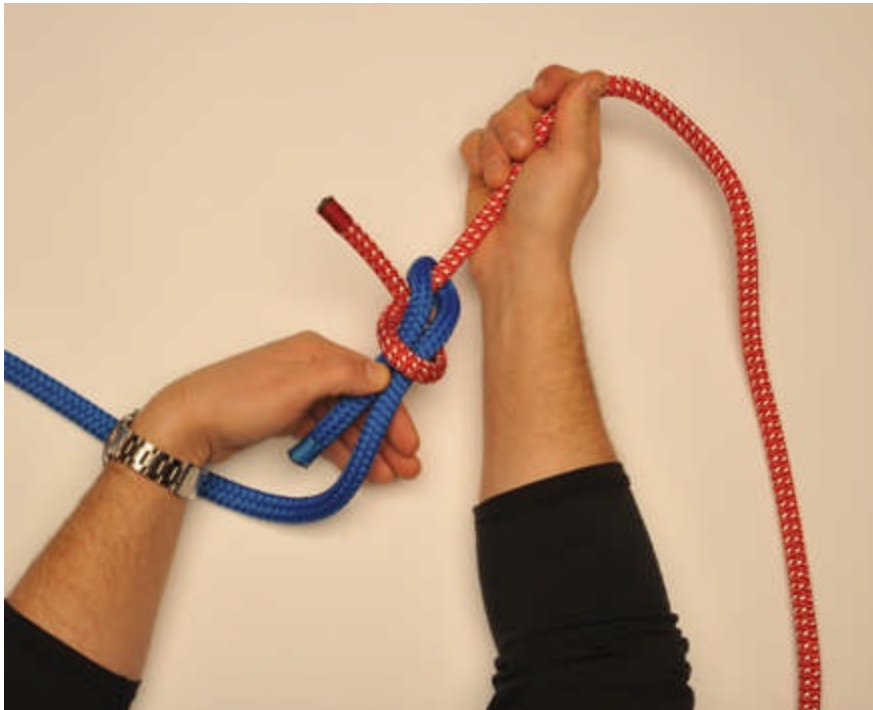
**thumb base.**



### **Motion 3**

**pull both parts of the blue line and the red line simultaneously.**

**4**



**sheet Bend; Connects Two lines**

### **Motion 4**

**pull the blue line end, the blue  
standing end, and the red  
standing end to set.**

**5**





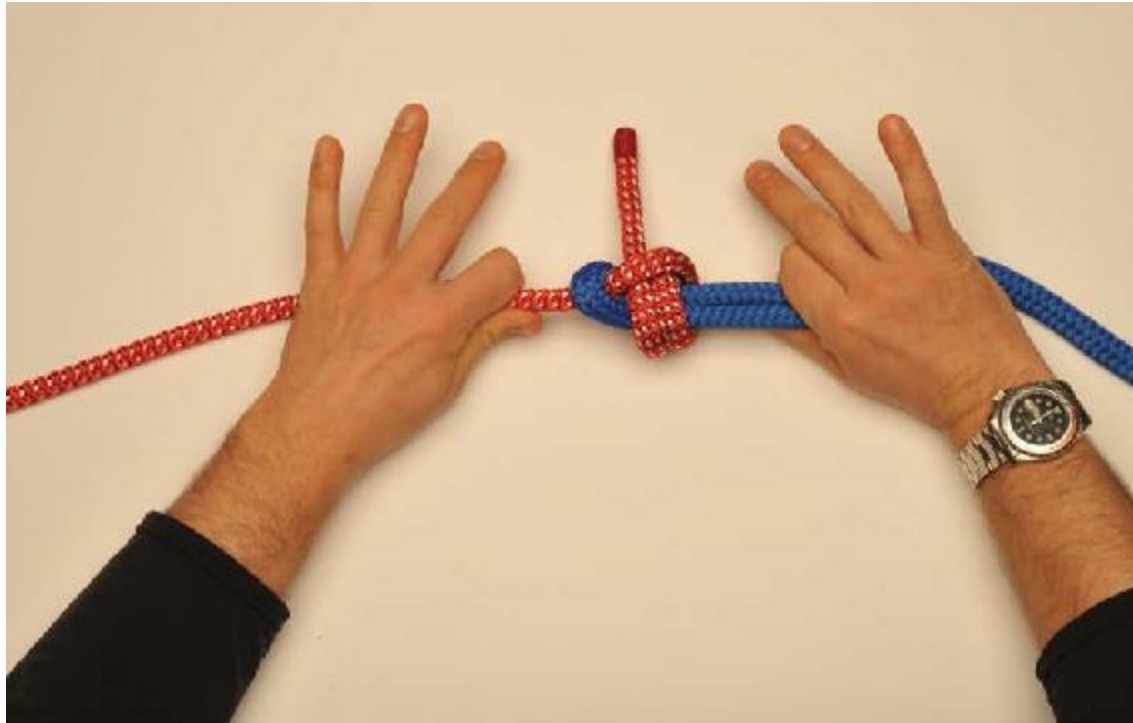
**5 Essential Knots made simple in 4 motions Possible Applications of**

**Double Sheet Bend Knot**

*Double Sheet Bend —recommended for marrying  
two lines of different sizes..*

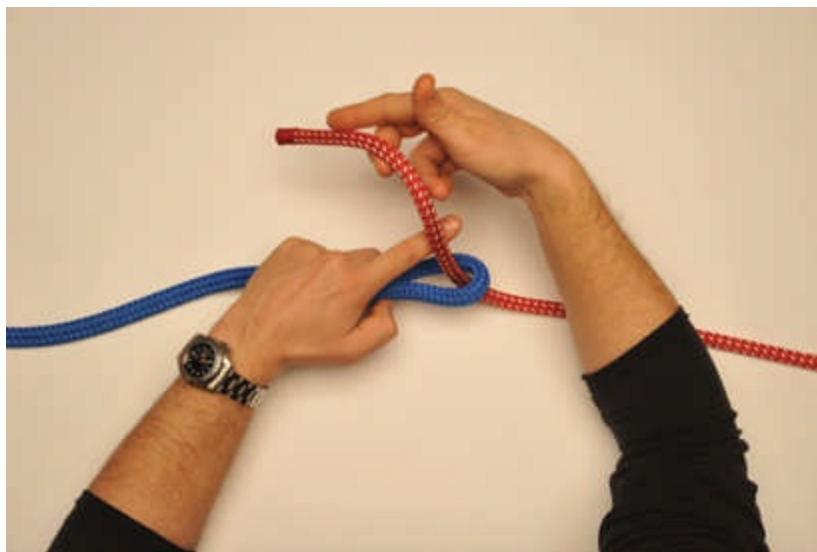
*Note: Use at least 1:5 ratio of tensile strength of line  
appropriate for the weight of the vehicle. Undersized lines  
can cause injury or death.*





**DOuBLE**

**ShEET BEnD**







## **double sheet Bend**

### **Motion 1**

**bring red bitter**

**1**

**end up through**

**blue loop away**

**and to the left,**

**over left index**

**finger.**

### **Motion 2**

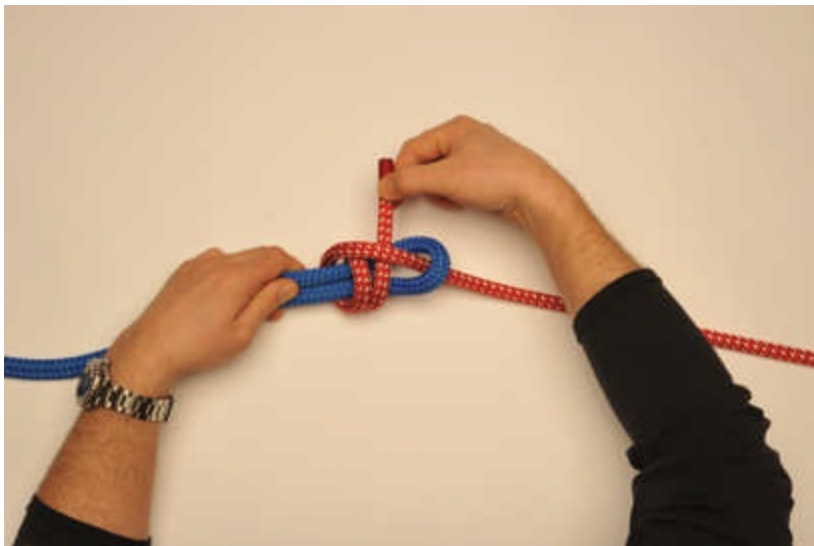
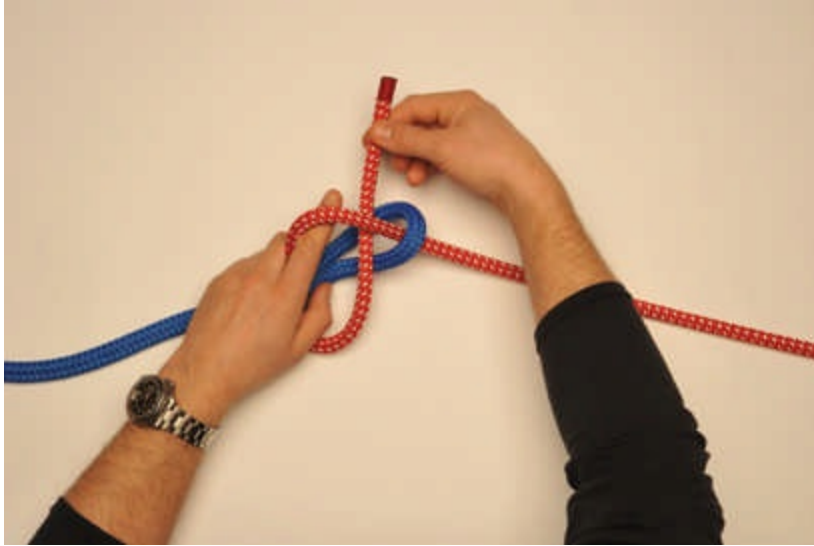
**rotate red bitter**

**2**

**end underneath**



**blue loop toward  
yourself.**



**double sheet Bend**

**Motion 3**

**Follow your index**



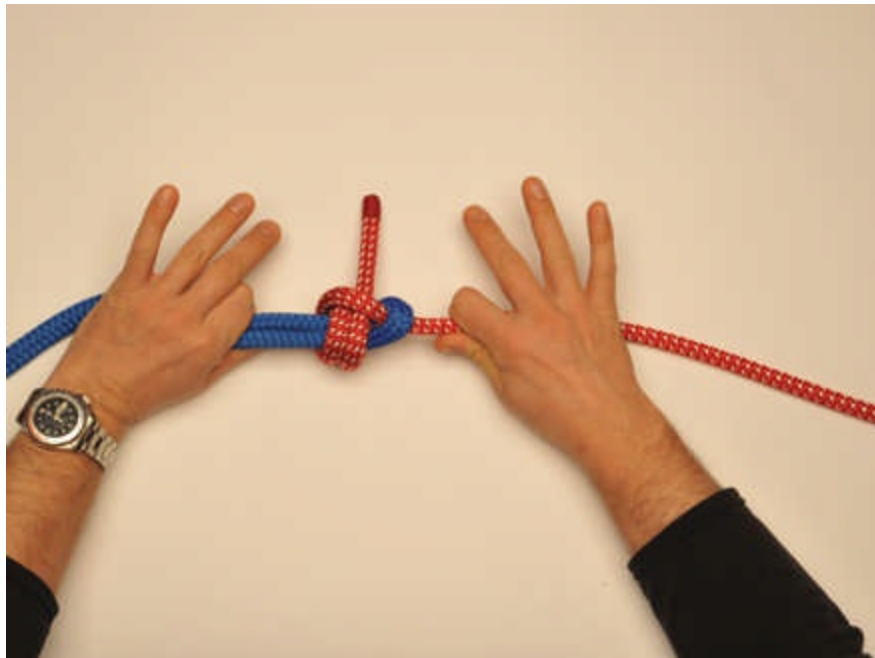
**finger with red bitter**

**end underneath the**

**red bight.**

**repeat motions 2 and 3.**

**4**



**double sheet Bend**

**Motion 4**

**after organizing knot shape, pull the three line parts—blue bitter end, blue standing end, and red bight—to set.**





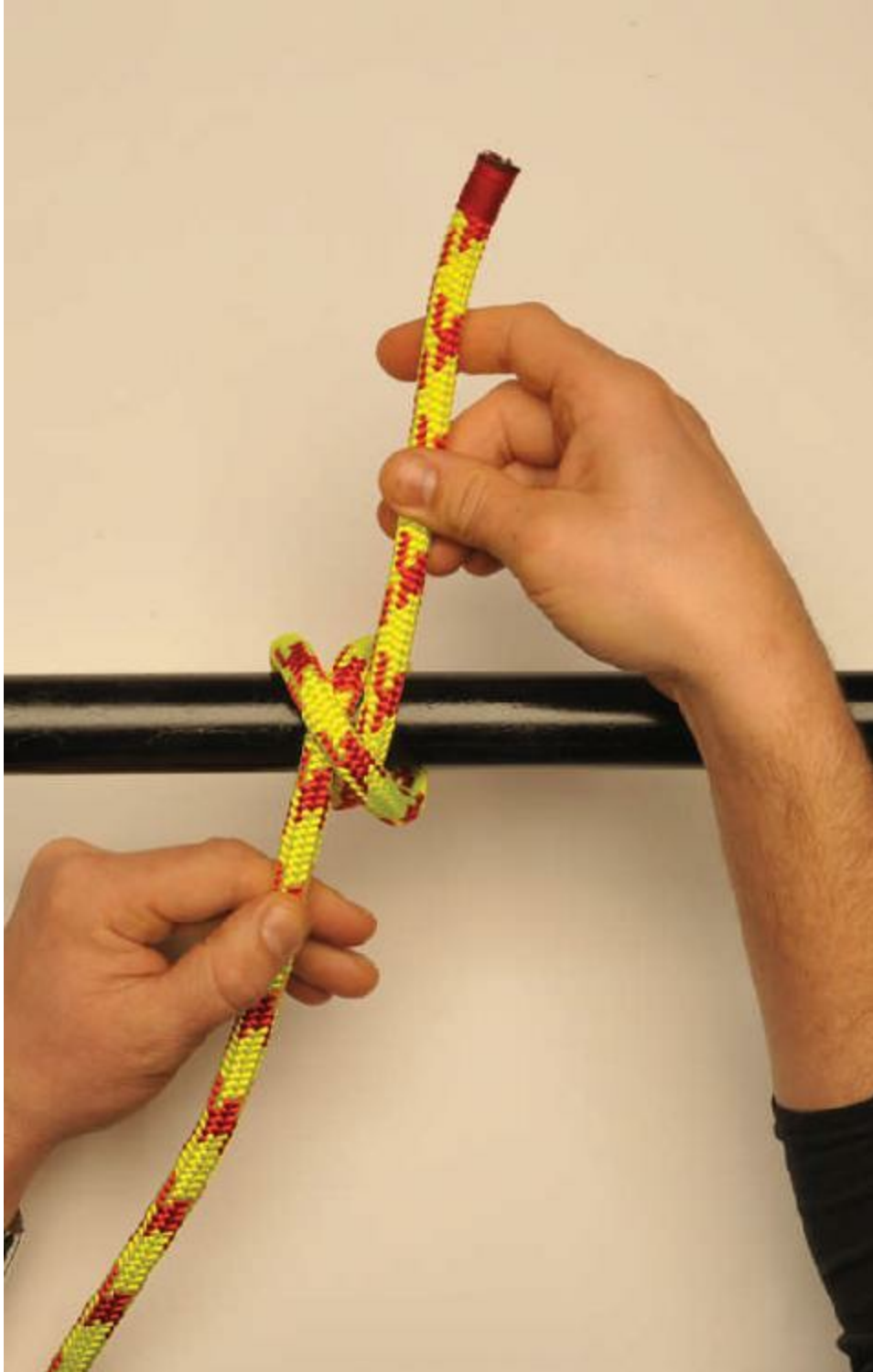
**5 Essential Knots Made Simple in 4 Motions Possible Applications of**



## **Clove hitch**

***Use of Clove Hitch as a visual and physical barrier,  
in a decorative way.***

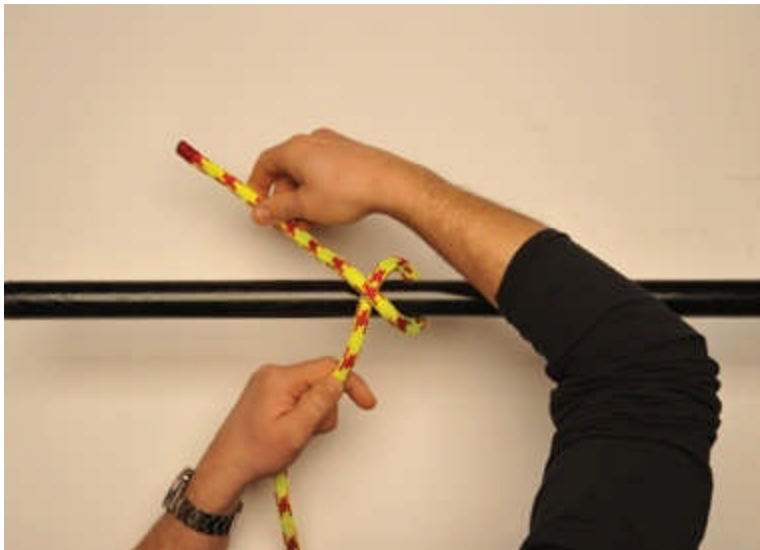
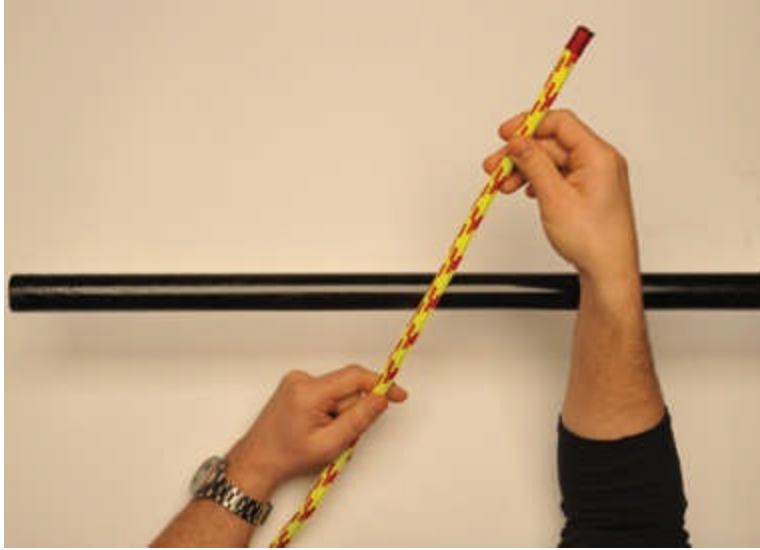




**Clove hitch**

**& Double Clove hitch**





## **Clove Hitch**

### **Motion 1**

**Cross object with line from**

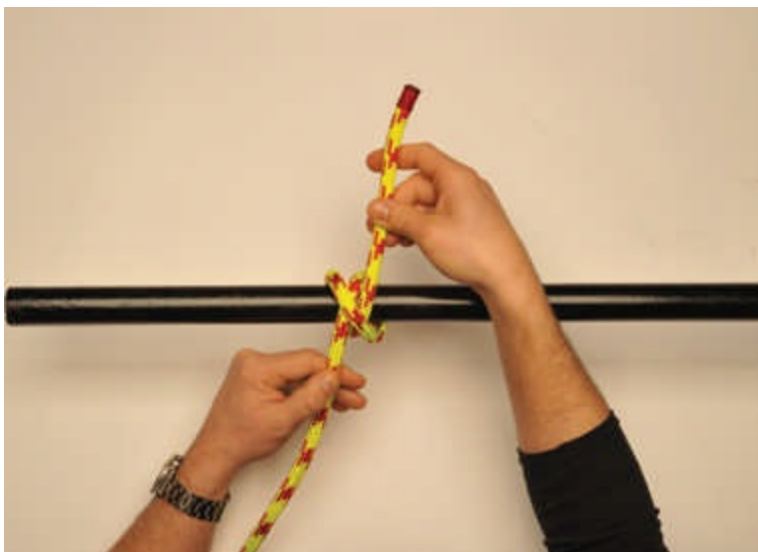
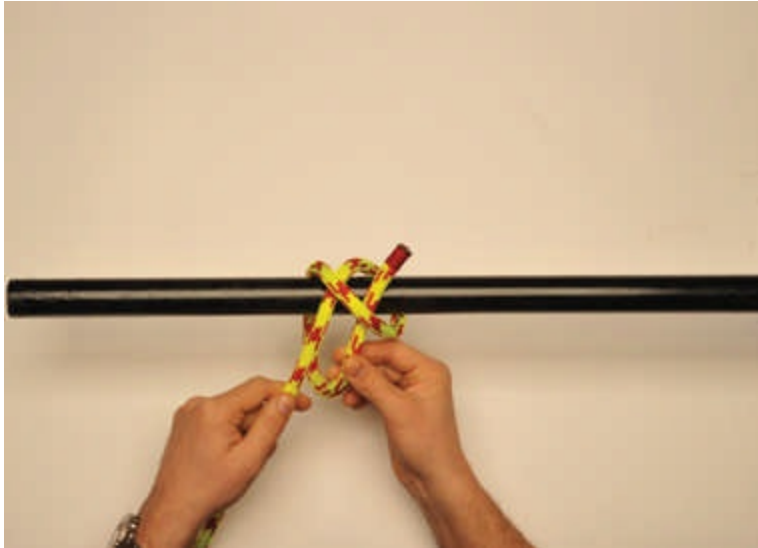
**1**

**left to right.**

### **Motion 2**



**rotate bitter end around object. Cross the 2  
standing end making an “X” with the bitter end to the left.**



**Clove Hitch**

**Motion 3**

**return the bitter end to the front**

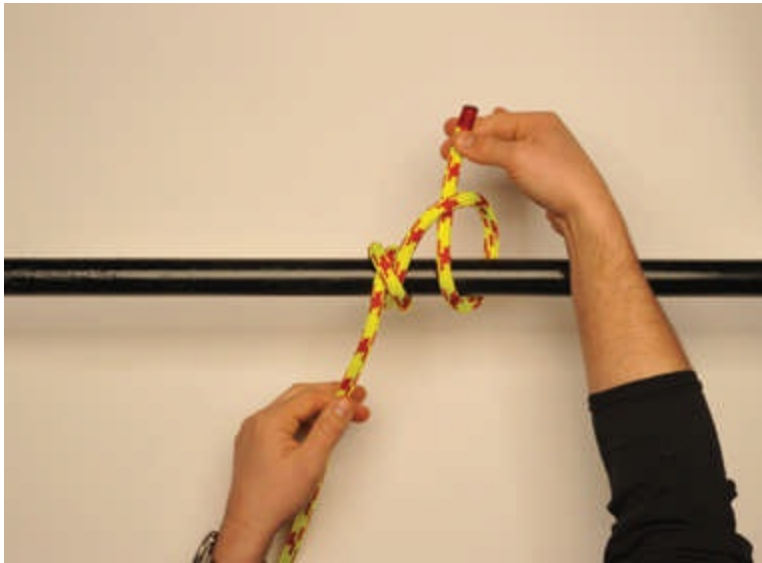


**and tuck beneath previous turn,  
parallel, chasing the previous turn in the opposing direction.**

#### **Motion 4**

**pull both the standing and bitter end 4  
to set.**

**NOTE: holding power is weak on slick objects.**



#### **double Clove Hitch**

#### **Double Clove hitch**

**tie a single clove hitch. rotate bitter end around object and underneath  
itself and set.**

**repeat process for added**

**security or to cover a rail**

**in a decorative finish**

**with “small stuff”\*.**



**\* small stuff—**

**small diameter**

**line such as**

**twine, waxed**

**thread, etc.**



**EXPLORE CAMDEN HARBOR**

**5 Essential Knots Made Simple in 4 Motions** explore camden harbor

**Fisherman's Classic**

**Peapod Row Boat**

Explore the Harbor on your own.

Contact: Captain Dominic Fontaine



for rental arrangements

[OspreyIslandYacht.com](http://OspreyIslandYacht.com)

[dfontaine72@yahoo.com](mailto:dfontaine72@yahoo.com)





## **5 Essential Knots Made Simple in 4 Motions Possible Application of**

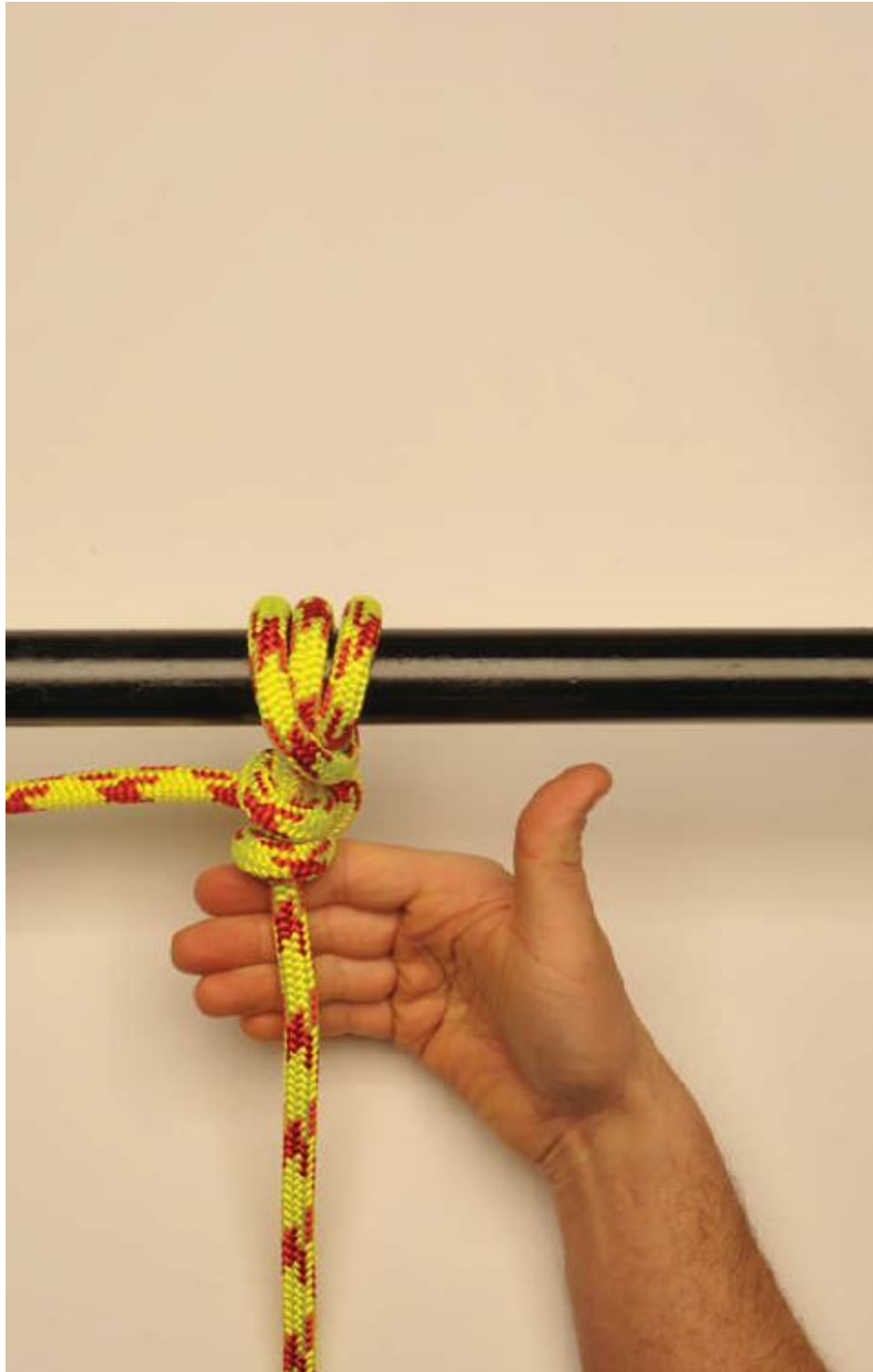
**Clove hitch with Two half hitches**

***Mother/daughter***

***installation of***

***rope swing***

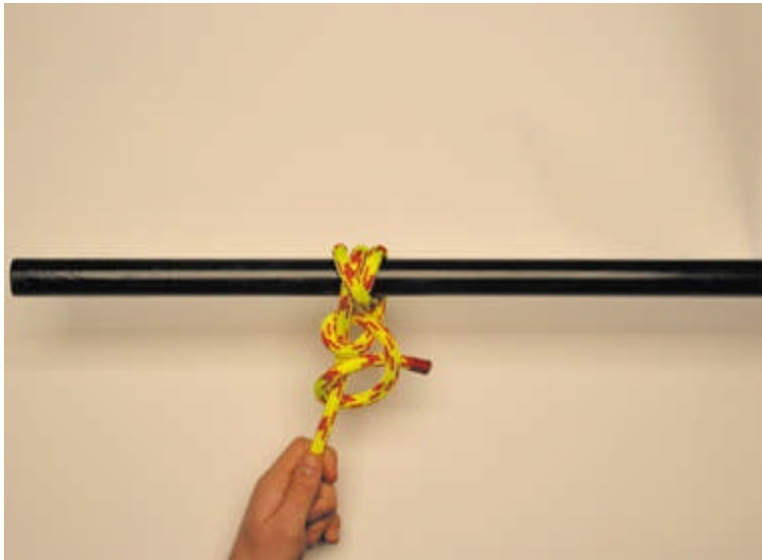




**Clove hitch**

**With Two half hitches**





## **Clove Hitch With Two Half Hitches**

### **Step 1**

**Start with a completed clove hitch. 1**

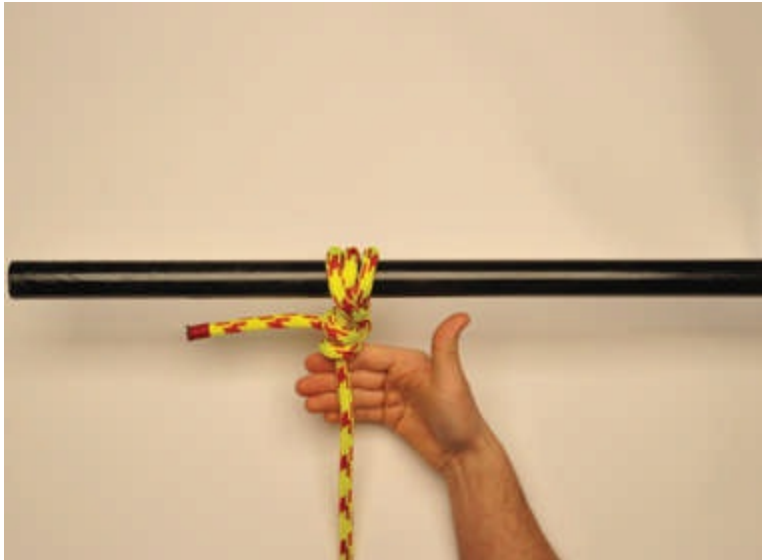
**tie a single clove hitch. rotate bitter end around the standing end and inside itself.**

### **Step 2**

**repeat step 1.**



2



## **Clove Hitch With Two Half Hitches**

### **Step 3**

**organize and set knot.**

3









**5 Essential Knots Made Simple in 4 Motions Possible Applications of**  
**Clove hitch Over an**  
**Opened-ended Object**  
*Hoisting of tools atop the*  
*ladder via midline attachment*



*with a clove hitch*

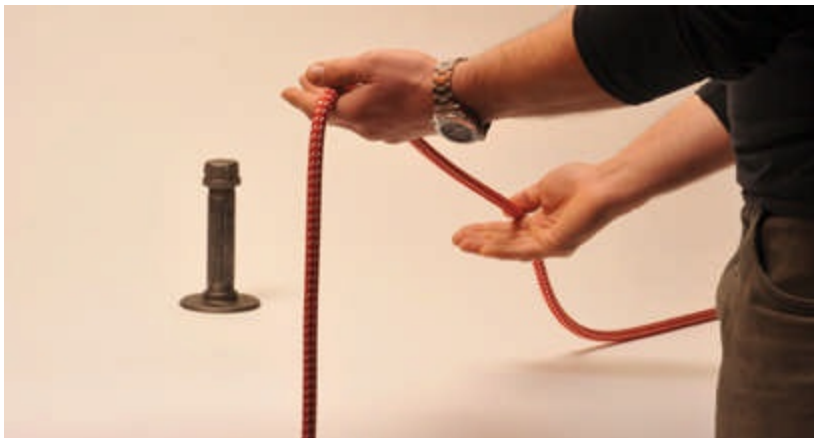


**Clove hitch**



**Over an Open-ended**

**Object**



**Clove Hitch over an open Ended object beginning**

**grasp: knuckles**

**down, palms up,**

**thumbs out.**

**1**

**Motion 1**



**rotate left hand**

**outward (elbow turns**

**sharply out) and**

**regrasp line.**

2



**Clove Hitch over an open Ended object Motion 1 (cont.)**

**return**



**left hand,  
with line  
grasped, to a  
comfortable  
knuckles-up  
position.**

**pleted**

**Wrist rotation com**

**3**

**Motion 2**

**right hand  
mimics the  
left by simply**

**W**

**rotating**

**rist**

**counterclock-**

**wise with line**

**rot**

**in hand.**



**atoin**

**4**



**Clove Hitch over an open Ended object Motion 3**

**bring your right**

**hand directly**

**behind left**

**hand.**



5

**Motion 3 (cont.)**

**place loop**

**from right hand**

**behind loop in**

**left hand.**

6





### **Clove Hitch over an open Ended object Motion 3 (cont.)**

**neatly spread loop over  
open-ended object.**

7

### **Motion 4**

**organize and set knot  
on stationary object.**

8







**5 Essential Knots made simple in 4 motions Possible Applications of**

**Prusik Knot**

**photo courtesy of**

**cliffsidetree.com**

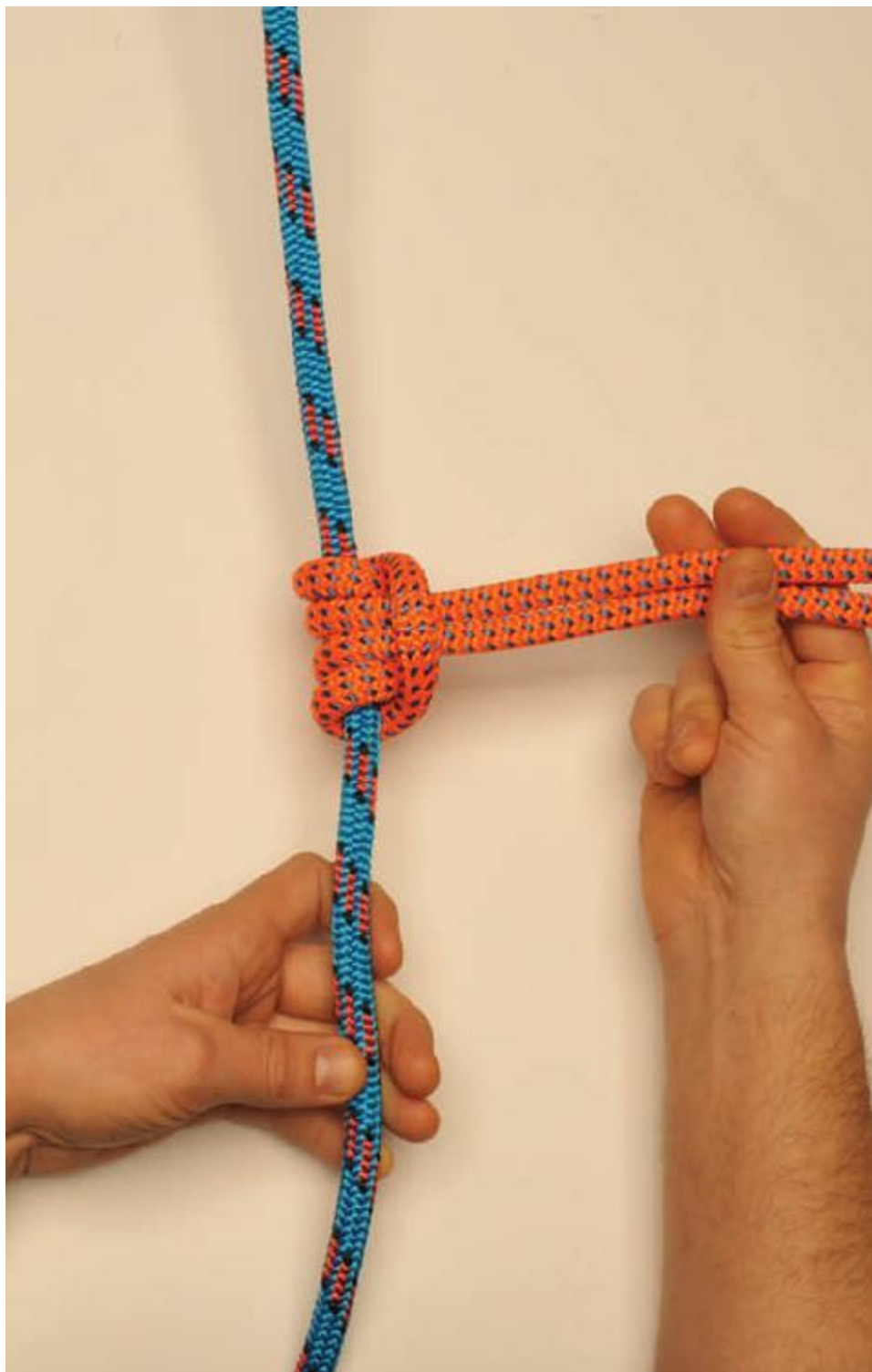
***Prusik knot—for recreational or professional treeclimbing.***

**(Safety gear is always recommended. helmet not worn in this photo for demonstration purposes only.) PRESERVATION SPECIALTY**

**2 0 7 . 8 4 1 . 8 2 2 6**

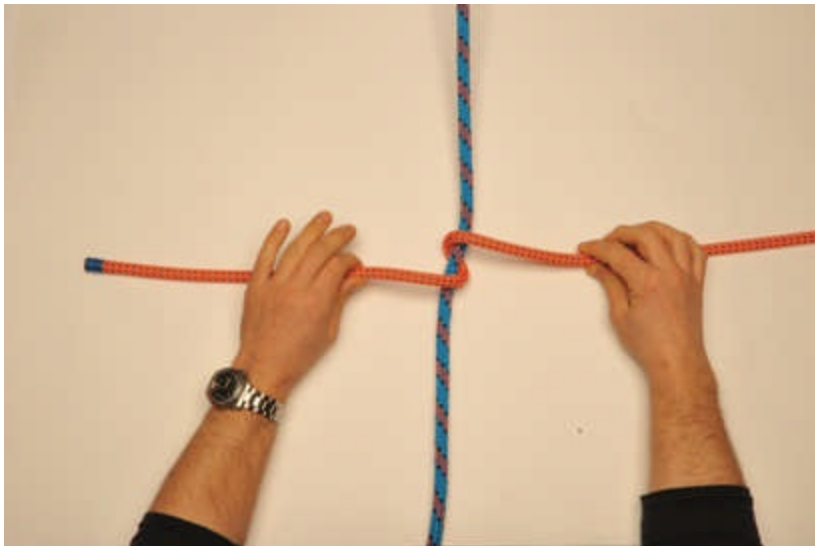
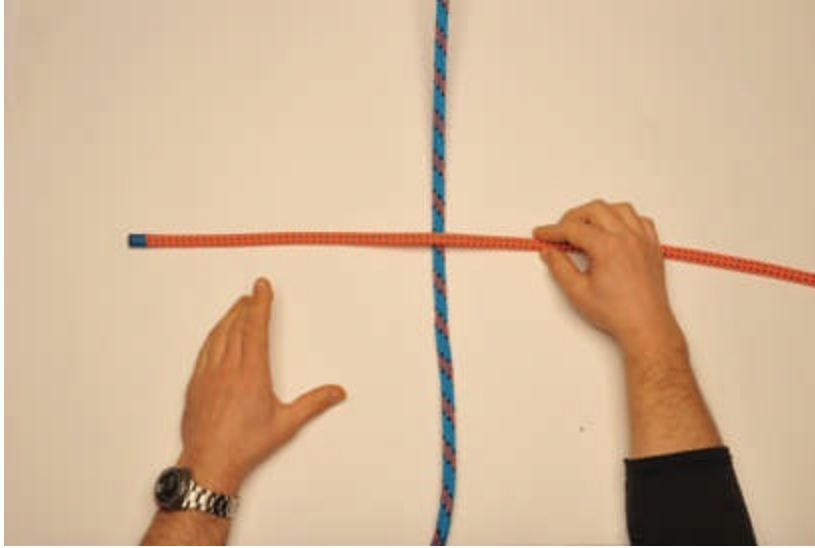
**C L I F F S I D E T R E E . C O M**





**Prusik**





**Prusik**

**Motion 1**

**Cross the blue**

**vertical standing**

**line with orange line**

**horizontally in front,**



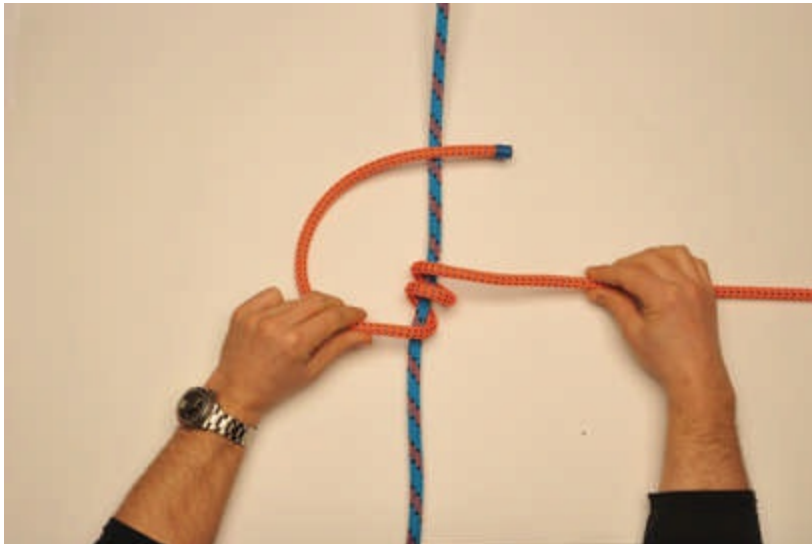
**from right to left.**

**1**

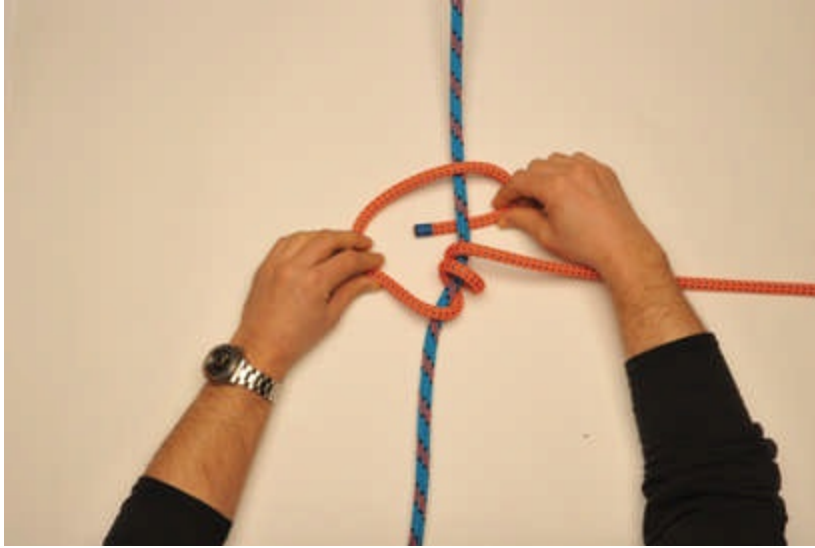
**Motion 1 (cont.)**

**Wrap the orange line  
around the blue line  
downward.**

**2**







## **Prusik**

### **Motion 2**

**Complete a second  
wrap beneath first wrap,  
organize the wraps, and  
bring the orange  
bitter end above  
and in front of  
the blue line.**

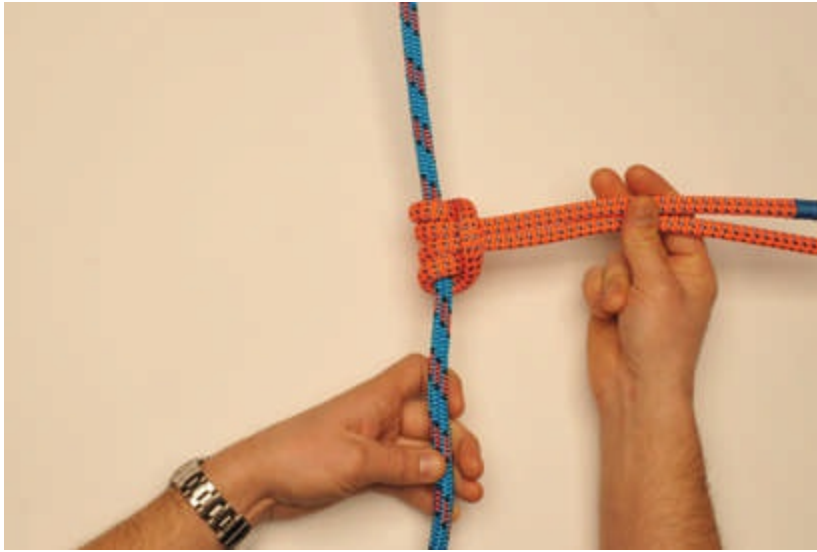
**3**

### **Motion 3**

**Wrap the orange line  
downward inside itself.**



4



**Prusik**

**Motion 3 (cont.)**

**Complete a second  
downward wrap.**

5



## **Motion 4**

**the orange**

**bitter end exits**

**parallel to the**

**orange standing**

**end. pull both**

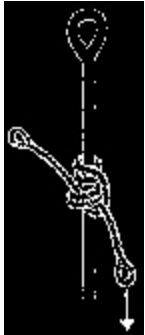
**ends to set**

**the knot.**

6







## **Prusik**

*Author's note: A prusik has the greatest holding power when attached to a line of slightly larger diameter. When used for climbing/ life support, both ends exiting the knot should be secured or a stopper knot should be put in the bitter end to prevent unravelling.*

**\* Consult an expert before using for life dependency.**

**examples of advanced climbing knots. instruction not given. Consult an expert climber before using for life dependency.**



**Eye splices are usually  
completed by manufacturer.**

**Eye splice techniques are  
not shown in this book.**

**Prussik Souabe**

**Valdotain tressé**

**Nœud de Distel**

**Blake Knot**

***Knot illustrations courtesy of Honeywell Safety***







## **5 Essential Knots made simple in 4 motions Possible Applications of**

### **Figure Eight Knot**

*Figure 8 stopper*

*knot allows for*

*secure lowering*

*of prop to diver.*

**prop replacement aboard**

**charter yacht *M/V Winsome Woman*.**

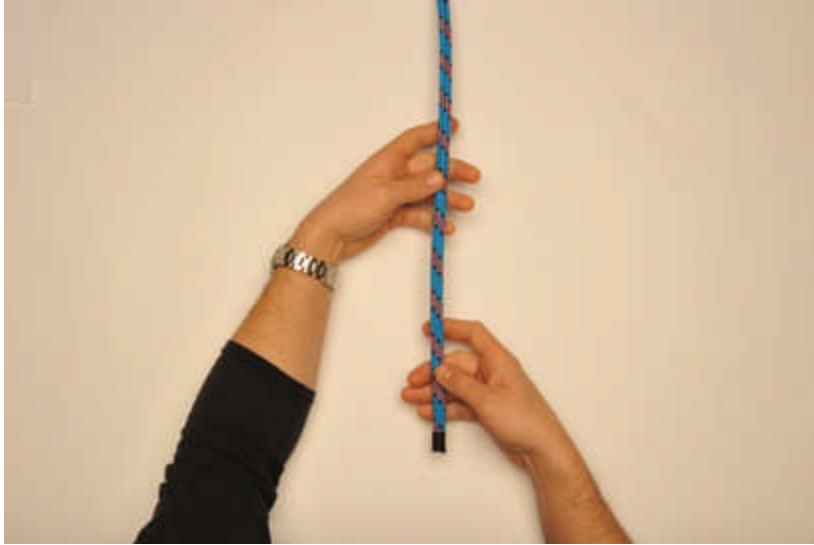
**Courtesy osprey island Yacht.com**





**Figure Eight**





**Figure Eight**

**beginning grasp**

**1**

**Motion 1**

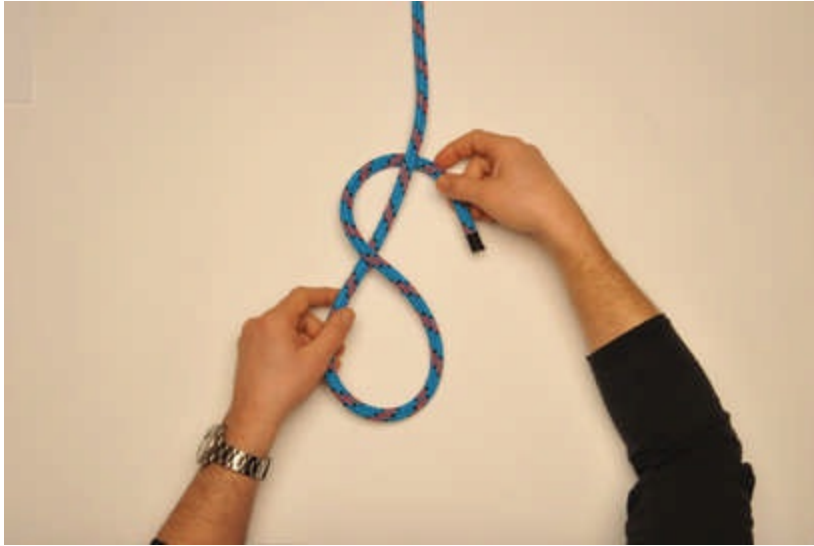
**Move hand with**

**bitter end to the**



**left, in front of the  
standing end.**

**2**



**Figure Eight**

**Motion 2**

**bring bitter**



**end behind  
the standing  
end with your  
right hand.**

**3**

### **Motion 3**

**reach left hand  
inside the loop to  
receive the bitter  
end. draw the  
bitter end through  
bottom loop.**

**4**





**Figure Eight**

**Motion 4**

**pull both the standing end  
and bitter end to set.**



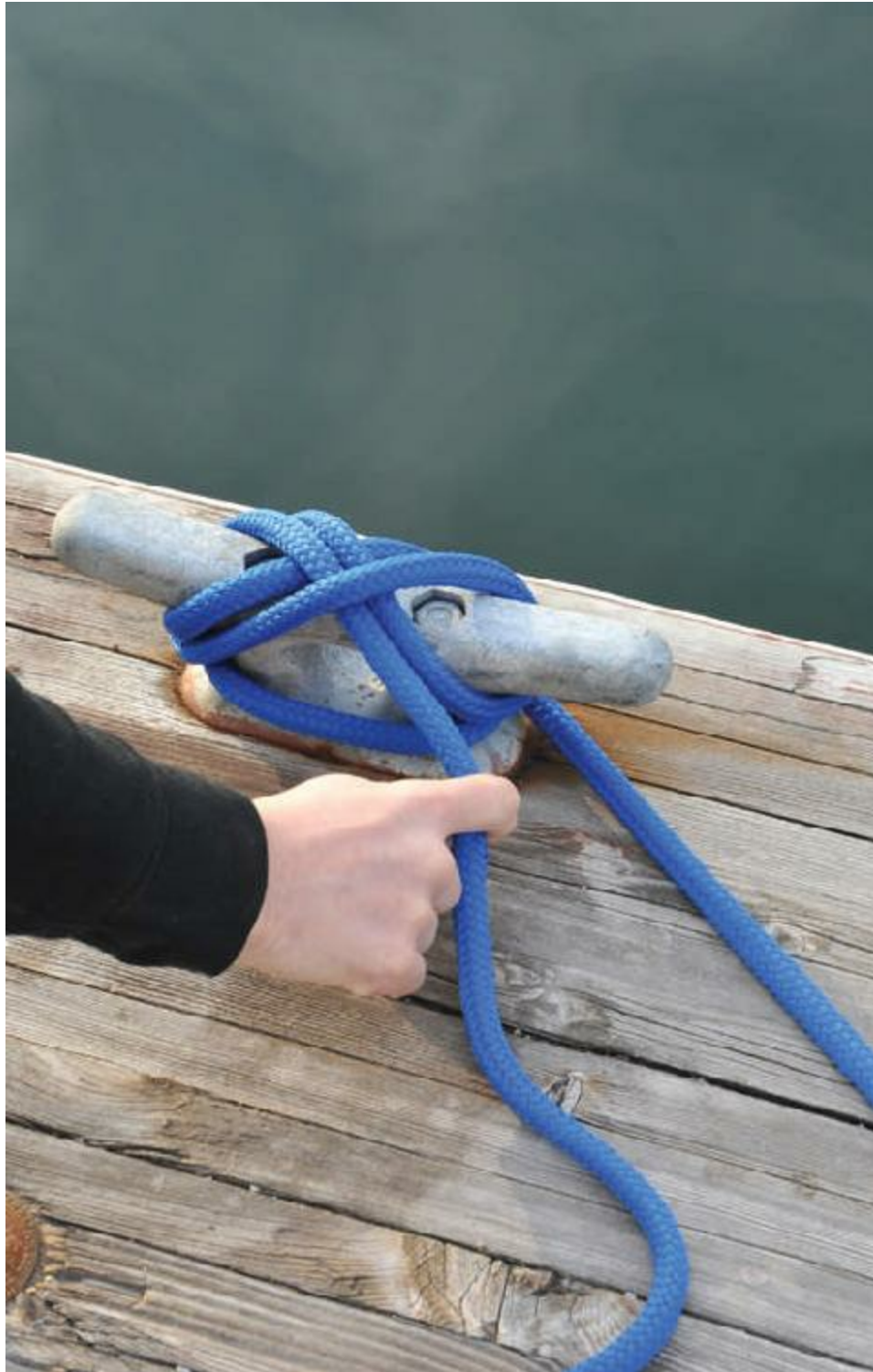


**5 Essential Knots Made Simple in 4 Motions Possible Application:**

**Tying to Cleats**

**photo courtesy of toby Winckhoffer, commercial diver.**





**Tying to a Cleat**





**Tying to a Cleat**

**Step 1**



**draw the line around the base,  
underneath the cleat horns.**

**Cleat**

**horns**

**Cleat**

**base**

**1**

**Step 2**

**Complete a full 360-degree  
wrap around the base, known  
as two turns.**

**2**







## **Tying To a Cleat**

### **Step 3**

**Complete one or more full figure  
eight patterns around the cleat  
horns.**

3

### **Step 3 (cont.)**

4





## **Tying To a Cleat**

### **Step 4**

**Forming figure eights.**

5

### **Step 5**

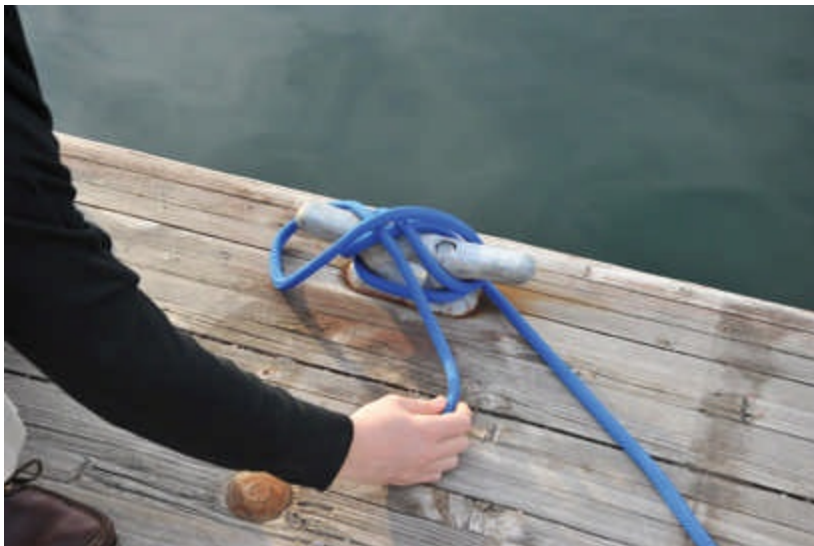
**lift wrist to create hitch.**



**Finish with one to two hitches.**

**Making a hitch**

**6**



**Tying To a Cleat**

**Step 6**

**place formed hitch over**



**cleat horn.**

**7**

**Step 7**

**pull line end to set.**

**8**



**Tying To a Cleat**



**both the exiting hitch tail and previous figure eight lay parallel. Finish with one to two half hitches. Second half hitch should be secured to opposing horn.**

**(only one half hitch is shown here.) Correct**

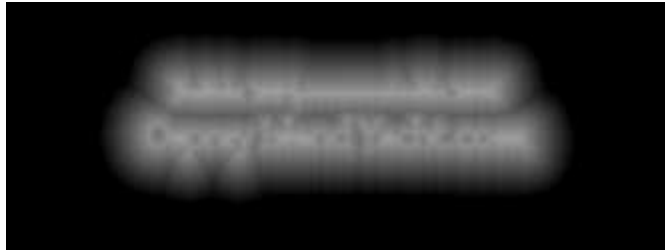
**Incorrect**

**Incorrect**

*Author's note: A finished hitch rolled in the wrong direction has a similar holding power as the proper previous dressing work. However, untying hitches can be more cumbersome.*







MV WINSOME WOMAN.com



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*supported by* **CliffSideTree.com**





**Line Care  
and Storage**





**line Care and storage**

**beginning**

**grasp**

**Coil size correlates with length of line. large lines are coiled on a clean, standing surface.**





**line Care and storage**

**begin coiling neatly.**

**Coil 80% of the line before making horizontal coils around the body of coiled line.**





## **line Care and storage**

**begin coiling horizontally about halfway up from the bottom of the main coil formation.**

**Make sure the successive horizontal coils securely cross the first horizontal coil.**





## **line Care and storage**

**Continue wrapping the horizontal coils upward, leaving about a quarter of the main coil exposed at the top.**

**Make a loop in the standing end and pass it through the top of the coil.**





**line Care and storage**

**draw a second loop through the top of the coil.**

**Make a third loop and pass it through the second loop.**





### **line Care and storage**

**the line is coiled and ready to be stored. Keep lines clean, dry and away from chemicals and heat. inspect lines before using.**

### **5 Essential Knots Made Simple in 4 Motions Timeline\***

65 — million years - dinosaurs became extinct 7 — million years - humans in Africa 2.5 — million years to 20,000 years, tool making & Nomadic roaming 8,000BC — sheetbend knot known by Neolithic people 4,000BC — to 2,000 years ago, metal work & trade becomes wide spread 3,200BC — earliest known depiction of a nautical sail 2,800BC — documentation of rope use 1627 — Bowline knot first mentioned in writing by John Smith, English Explorer/Author 1807 — internal combustion engine fueled by hydrogen/oxygen, ignited by spark, invented by Swiss Engineer Francois Isaac de 1879 — Thomas Edison's incandescent lighting system is grandly displayed at Menlo Park, NJ USA, beginning the "nightless day"

1886 — 1st commercially available car patented by German engineer Karl Benz, beginning the end of a 6,000 year run of mass horse dependency.

1900 — Rudolf Diesel demonstrates the diesel engine, this concept today powers most of the world

1903 — Wright Brothers USA, 1st powered flight 1920 — commercial



maritime shipping companies begin to phase out sailing vessels 1931 — Prusik knot is invented by Dr. Karl Prusik, Australian mountaineer with Czech origins

2014 — Capt. Dominic Fontaine authors *5 Essential Knots Made Simple in 4 Motions Pocket Reference*, the first to focus on hand movements.

**5 Essential Knots Made Simple in 4 Motions** Documentation of rope use dates back to 2800 BC. It's believed that this technology largely predates this evidence.

Rope has allowed us to form our culture with record keeping, counting, clothing closures, tool making, shelter construction, fence erecting, weaponry, woven bridges, primitive ships, and climbing aides.

More recently, complex maritime sail rigs on tall ships advanced trade & migration

Only in the last 150 years has the mass production of steel, diesel engines, and electronics lead to the decline in the use of rope. Synthetic rope development/distribution in the last 50 years, now exceeds the strength of steel at a fraction of the weight. Rope remains the lightest and most compact, portable means of transferring a force or to secure an object.

Our greatest exploration and monumental feats accomplished across time has been done with rope.

Of the 4,000 knots known to man, this book contains the most essential knots known, which are:

- the most versatile in use
- the most commonly used
- the most recognized
- the most efficient to tie
- the most historic



- the most up-to-date to tie

\*As per Wikipedia.com

## 5 Essential Knots Made Simple in 4 Motions Glossary

**bend:** When two line ends are tied together.

**bight:** A loop or turn in a line.

**bitter end/end:** The line end, also known as the terminal end.

**Capsize:** Unfolding and unraveling of a knot when loaded, commonly from lack of proper line organization and setting in the knot-tying process as well as misuse of a knot application.

**Chasing:** When knot tying, the bitter end follows previous turns.

**Cleat:** A fixed object with two horns that a boat can be fastened to or belayed from.

**doubling:** The addition of a turn—for example, usually done when tying a sheet bend, mating two lines of differing diameter.

**ease out:** Let out; controlled slipping of a line through one's hands, cleat, knot or other friction device.

**eye splice:** A method of marrying a loop into the end of a line (not shown in this book).

**Faking:** Laying out a line so that it can run free without tangling.

**5 Essential Knots Made Simple in 4 Motions Fixed loop:** A loop that is static in size.

**Foul:** Jammed or tangled line.

**Fray, to:** Unraveling of a line at the end or at a damaged midline section.



**Knot:** Manipulation of a line in a manner or fashion so that it binds on itself.

**line:** Rope used in a nautical setting.

**loop/turn:** A fundamental structure in knot tying. When a circle is formed in a line with the leg ends of the loop crossed, the line has taken a turn.

**Marlinespike:** A tool used to undo firmly bound knots.

**organize/dress:** A key process in knot tying to prevent the knot from capsizing. Crossing or uncrossing a line in a specific way can increase a knot's holding power and decrease unwanted jamming.

**payout:** Slack or to let slip.

**proper knot:** The ability for a line to bind for the purpose of work, which can be untied without damage to the line.

**rope memory:** The ability for a rope to retain its shape and form after use.

**5 Essential Knots Made Simple in 4 Motions Set:** The final process in all knot tying. Loading of the knot to secure and verify its holding power.

**Slack:** The part of the line not under tension or running free.

**Small-stuff:** Twine, waxed sail thread, etc. Any cord less than 1 inch in circumference.

**Standing end portion:** The part of the line not used in a completed knot. Opposite of line end or working end.

**Stopper:** A knot tied in the end of a line to prevent the unraveling of a primary knot. Essential in a climbing application.

**tie:** Arrangement of line parts to form a knot.

**Whipping:** Protection given to a rope by winding string or small-stuff around it to prevent it from fraying. Modern day synthetic lines are hot knifed and taped, typically for economy.



**Work, to:** To draw up and shape a knot.

## **5 Essential Knots Made Simple in 4 Motions notes**



## **5 Simple Essential Knots in 4 Motions**

### **about the author**

At age ten, I stepped aboard a Maine

to learn quickly and permanently. Post coast schooner, the Stephen Taber, as  
an practice knots are tied properly, reliably, apprentice /stow-away. Upon  
stepping

and without hesitation.

ashore one week later, I had acquired the These easy to learn basic knot tying

foundation of knot tying skills displayed skills have safely aided me during:  
in this book, thanks to Paul D., Ken &



- long sailing voyages through stormy seas Elaine Barnes.
- ascents into N. America's largest tree Years have passed and these techniques canopies

have remained in my recall memory, for the ready without delay, and often in the ■ descents into the most colorful sea floors absence of light.

- x-country motorcycle adventures

I found teaching the hand motions of ■ a x-mas tree home delivery service knot tying to be successful for co-workers ■ a preflight kite fastening, for a child Capt. Dominic Fontaine

Lic. Commercial Driver — CDL class A

Lic. Capt. — 200 ton, sailing, towing, STCW-Cert. Arborist

95, MMA grad. Unlimited radar end.

Cert. Scuba Diver

Lic. Aviator

Cert. Lifeguard Experience

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